

ABSTRAK

Alvian Chandra Budiman, G0014021, 2017. Pengaruh *Self-esteem* Terhadap Tingkat Kecemasan dan Kejadian Insomnia Remaja di Panti Asuhan Misi Nusantara dan Panti Asuhan Nur Hidayah Surakarta. Skripsi. Fakultas Kedokteran, Universitas Sebelas Maret, Surakarta.

Latar Belakang: Remaja yang tinggal di panti asuhan cenderung memiliki *self-esteem* yang rendah. Rendahnya *self-esteem* bisa berakibat pada munculnya keadaan psikopatologis, diantaranya kecemasan dan insomnia. Penelitian ini bertujuan untuk mengetahui pengaruh *self-esteem* terhadap tingkat kecemasan dan kejadian insomnia remaja di Panti Asuhan Misi Nusantara dan Panti Asuhan Nur Hidayah Surakarta.

Metode Penelitian: Penelitian ini merupakan penelitian observasional analitik dengan metode *retrospective case-control study* dengan pendekatan *cross-sectional*. Penelitian dilakukan pada bulan September di Panti Asuhan Misi Nusantara dan pada bulan November di Panti Asuhan Nur Hidayah Surakarta. Pengambilan sampel dilakukan dengan teknik *purposive total sampling*. Variabel bebas adalah *self-esteem*, sementara variabel terikat adalah tingkat kecemasan dan insomnia. Data diperoleh dengan menggunakan instrumen *Rosenberg's Self-esteem Scale* (RSES), *Taylor Manifest Anxiety Scale* (TMAS) dan *Insomnia Rating Scale* Kelompok Studi Psikiatri Biologi Jakarta. Sebanyak 55 responden yang memenuhi kriteria inklusi diurutkan berdasarkan ranking skor *self-esteem*. Kemudian diambil 25% peringkat teratas sebagai kelompok *self-esteem* tinggi dan 25% peringkat terbawah sebagai kelompok *self-esteem* rendah, sehingga sampel akhir sebanyak 28 sampel. Data yang diperoleh diolah menggunakan *IBM SPSS Statistics 23 for Windows* dengan uji *Independent T-test*.

Hasil Penelitian: Terdapat adanya korelasi negatif dengan perbedaan yang signifikan antara rata-rata skor kecemasan pada kelompok *self-esteem* tinggi dan kelompok *self-esteem* rendah ($p < 0,05$). Namun tidak terdapat perbedaan yang signifikan secara statistik antara rata-rata skor insomnia pada kelompok *self-esteem* tinggi dan kelompok *self-esteem* rendah ($p > 0,05$).

Simpulan Penelitian: Terdapat pengaruh *self-esteem* terhadap tingkat kecemasan, namun tidak terdapat pengaruh *self-esteem* terhadap kejadian insomnia remaja di Panti Asuhan Misi Nusantara dan Panti Asuhan Nur Hidayah Surakarta.

Kata Kunci: *Self-esteem*, kecemasan, insomnia, remaja, panti asuhan

ABSTRACT

Alvian Chandra Budiman, G0014021, 2017. *Effect of Self-esteem on Anxiety Level and Insomnia of Adolescent in Misi Nusantara Orphanage and Nur Hidayah Orphanage Surakarta.*

Background: *Adolescents who lived in the Orphanage have a relatively low self-esteem. Low self-esteem could affect the formation of psychopathological traits, such as anxiety and insomnia. This study aimed to see the effect of self-esteem on anxiety level and insomnia of adolescent in Misi Nusantara Orphanage and Nur Hidayah Oprhanhood Surakarta.*

Methods: *This research was an observational analytic research with retrospective method of case-control study with cross sectional approach. This research was conducted at Misi Nusantara Orphanage on September 2017 and at Nur Hidayah Orphanage on November 2017. Sampling was conducted by purposived total sampling technique. The independent variable was self-esteem and the independent variable was the anxiety level and insomnia. Data obtained from The Rosenberg's Self-esteem Scale (RSES), Taylor Manifest Anxiety Scale (TMAS) and Insomnia Rating Scale of Kelompok Studi Psikiatri Biologi Jakarta. The 55 respondents who met the criteria for inclusion were sorted by self-esteem score. Then the highest 25% of the rank was classified as the high self-esteem group and the lowest 25% of the rank was classified as the low self-esteem group so the final sample was 28 samples. The data processed using IBM SPSS Statistics 23 for Windows using Independent T-test.*

Results: *There was a negative correlation with significant difference between mean anxiety scores of high self-esteem group and low self-esteem group ($p < 0,05$). But there was no statistically significant difference between mean insomnia scores of high self-esteem group and low self-esteem group ($p > 0,05$).*

Conclusions: *There is an effect of self-esteem related to anxiety level, but there is no effect of self-esteem related to insomnia of adolescent in Misi Nusantara Orphanage and Nur Hidayah Orphanage Surakarta.*

Keywords: *Self-esteem, anxiety, insomnia, adolescent, orphanage*